

when there was the greatest hardship and cannibalism before rescue; many train crashes, as dissected in official enquiries afterwards; barely credible stories of heroism from the memoirs of polar explorers, especially illustrating grit and tenacity, and the psychological tricks used by the men to keep going, and exemplifying in Shackleton's case supreme qualities of leadership. The author is an authority on long distance single-handed sailors, and his material is frequently drawn from them—the well-known successful heroes, and also Donald Crowhurst who ended tragically in deceit, grandiose delusions and slipping overboard into oblivion.

The main burden of the book is to emphasise the importance of analysing psychological factors in survival and in breakdown under stress, in contrast to official enquiries into disasters, which have usually been preoccupied with the physical environment (the state of the sea), mechanical equipment (braking systems, air traffic control techniques, selfsteering gear) or physical illness (myocardial infarction; 'akinetik mutism' or 'transient global amnesia' as *ad hoc* neurological diagnoses for the inexplicable immobility of the driver of the train in the Moorgate tube disaster as he hurtled towards the dead end). He is referring to the reluctance, so familiar to psychiatrists, to consider psychological aetiologies for the inexplicable (mass hysteria in a school—surely it must be a mysterious virus infection or fumes from a factory).

It is not the author's fault, but because we lack knowledge, that he has few specific conclusions, few prescriptions for how to recruit pilots or explorers, or help the victims of disasters, and has to point to the complexity and unpredictability of man. One example can be given from the singlehanded long distance yachtsmen he studied. Might they have personality traits in common? They were all competent organisers at getting knowledge and resources ready for the race, yet they came from very diverse occupations "and adopted totally different styles of behaviour. Some were gregarious to an extreme and never missed an opportunity for a party . . . others tended to avoid company, especially that of non-nautical types".

The book suffers from poor organisation, the same stories cropping up in several places and being repeated, and it is over-ambitious in alluding to subjects which are treated so briefly as to be travestied. Thus the author's treatment of hostage-taking in 1½ pages is not good enough, and it would be better not to talk of instability in world-leading politicians if the account is sometimes to be so cursory as to say only "Lyndon Johnson had a severe coronary thrombosis years before assuming office. He had no further trouble with his heart while at the White House, but during his second term he was regarded by some as suffering from

paranoid delusions."

The book is in colloquial style and explains medical words. It is not profound, and is not intended for psychiatrists, but is absorbing reading.

ANDREW C. SMITH, *Consultant Psychiatrist, Greenwich District Hospital, London*

Stress Strategies: The Treatment of the Anxiety Disorders. By C. B. SCRIGNAR. Basel: S. Karger. 1983. Pp 261. SFr. 58.-, \$34.75.

It is difficult for beginners in psychiatry to understand the ways in which experienced therapists assess and treat common clinical problems. Indeed, it is often difficult for more senior psychiatrists who have largely learned from their own individual experience to know whether they are making the best use of modern knowledge. There is, therefore, a considerable need for books by well-informed experts that give straightforward practical accounts of clinical management. This book has this laudable aim. The author presents well-informed accounts of a balanced group of what he calls stress disorders (generalised anxiety, panic disorder, agoraphobia, obsessive compulsive disorder, simple phobia, social phobia and traumatic neurosis). I found these accounts useful and sensible. Unfortunately, I cannot end this review at this point, but have to add that it is not an easy book to read. A prolix style and much psychiatric and social science jargon distract one from unravelling the meaning. This difficulty goes well beyond any reviewer's prejudices in favour of British rather than American English and is a serious drawback. A good idea, sensible advice, but not worth buying.

RICHARD MAYOU, *Clinical Reader in Psychiatry, University Department of Psychiatry, Oxford*

Psychiatry. Essentials of Clinical Practice. With Examination Questions, Answers, and Comments. Second Edition. Edited by IAN GREGORY and DONALD J. SMELTZER. Boston: Little, Brown. 1983. Pp 410. \$21.00.

Nothing, it seems, succeeds like success. This volume, we are told, was adapted from a personalised study programme for medical students which resulted in Ohio State University College of Medicine students scoring well above the national average in psychiatry in the Part Two National Board Examinations, and higher in psychiatry than in any other subject. I am not surprised. For, in most respects, this is an excellent introduction to psychiatric principles. It would be hard, for example, to find a discussion about the

relationship among schizophrenic disorders, and schizophreniform and reactive psychoses in comparable works. What a pity: because for the usual reasons to do with medical, legal, cultural, economic and nosological differences in psychiatric emphasis, the book is not well suited to the needs of the British medical students. Nor is it likely to satisfy the busy North American specialist who wishes to bring himself up to date with knowledge in areas outside of his regular practice. This could be better achieved by reference to *Psychiatry Update* Volume III (1983), published by American Psychiatric Press.

GREG WILKINSON,
General Practice Research Unit, London

Community Psychiatric Nursing for Neurotic Patients. By E. S. PAYKEL and J. H. GRIFFITH. London: Royal College of Nursing of the United Kingdom. 1983. Pp 110. £4.00 (UK), £5.50 (Overseas).

Community psychiatric nursing is one of a number of recent specialist developments in community nursing which has captured the interests of researchers. The authors review previous research activities and conclude that most have been simple descriptions, reporting anecdotally or with limited statistics, the operation of a specific service and its problems. They argue 'There has been relatively little systematic research into community psychiatric nursing'.

To set the matter right the authors collaborated to carry out a research study within an existing service in South London. Their aims were to determine the efficacy of follow-up care of neurotic patients, consumer satisfaction, patterns of treatment, comparative costs, and the components which enter into nursing care.

This study relates to a sample of 99 patients randomly assigned to one of 2 treatment conditions—community psychiatric nursing or psychiatric outpatient care. The research methodology used in the study is discussed critically and the outcome of the study discussed in some detail.

There were not large differences in the two modes of follow-up care but, where present, community psychiatric nursing was favoured, producing greater consumer satisfaction. This increased satisfaction was gained without increasing the costs of after-care, the authors point out. Furthermore, the introduction of nurses produced marked reduction in contacts with psychiatrists. I am sure that some would consider that to be progressive. The authors finally conclude that follow-up care of neurotic patients by community psychiatric nurses is a valuable mode of deployment within the psychiatric team and provides a useful

alternative to continuing outpatient treatment. That challenge needs to be considered seriously by planners of services for the mentally ill.

JAMES P. SMITH, *District Nursing Officer,
Brent Health Authority, London*

Participation in Health. By JAMES McEWEN, CARLOS J. M. MARTINI and NICKY WILKINS. Beckenham: Croom Helm. 1983. Pp 264. £14.95.

In their preface the authors acknowledge their debt to a Ms Rochelle Bock who helped with the search and collation of the literature. I mention Ms Bock as hers would seem to have been one of the crucial roles in the production of this book which includes references to several hundred books and papers, summarised in over 650 separate citations. The book is therefore clearly a "literature review" though this is only made clear inside the cover. Beyond that I am not sure if it was Ms Bock's collation or the overwhelming nature of her search which was responsible for the result, which is a collection of pieces drawn from different disciplines, theories, methods and periods all thrown higgledy-piggledy together. What is participation? I still don't know, it seems to mean a lot of things to a lot of people. What is health? I am equally confused as despite attempts to define it—or should I say a review of attempts to define it, most of the text seems to be concerned with health care and, although it is not clearly spelled out, participation in health is surely different from participation in health care. Who might benefit, therefore, from this book? The authors suggest those who are concerned to promote participation in health. Can I also commend it to those who have searched frustratedly for the word "participation" among the Medical Subject Heading of Index Medicus. Don't ask Medline, just open this book.

DAVID ARMSTRONG, *Senior Lecturer in Sociology,
Unit of Sociology as Applied to Medicine, Guy's
Hospital Medical School*

Psychopharmacology and Psychotherapy. By MAURICE H. GREENHILL and ALEXANDER GRALNICK. West Drayton, Middlesex: Collier Macmillan. 1983. Pp 186. £27.00.

This book is a collection of papers dedicated posthumously to Maurice Greenhill, an American psychiatrist who organised the meeting at which they were first given. The title is slightly misleading because the papers in the book are mainly concerned with therapeutics, particularly the clinical problems of combined psychotherapy and pharmacotherapy in